

Foster CHANGE by Adopting a Classroom!

Sponsorship Levels and Benefits

Harvester: \$300+



- Your donation will help a school build or expand an existing school garden.
- You receive pictures and stories about the garden from the students.

Cultivator: \$100



- 100 students (4 classrooms) receive 1 cooking-enhanced nutrition class where they cook with local organic produce.

Transplanter: \$50



- 50 students (2 classrooms) receive 1 cooking-enhanced nutrition class where they cook with local organic produce.

Sower: \$25



- 25 students (1 classroom) receive 1 cooking-enhanced nutrition class where they cook with local organic produce.



Feel free to contact
Holly Freishtat
at 206-205-3217

or holly.freishtat@metrokc.gov
for more information about
the Food \$ense CHANGE
program.

Adopt a classroom by signing below and sending this slip and your check to us!

I authorize the enclosed funds as a donation that Food \$ense CHANGE will use for nutrition education.

Signature: _____

Date: _____

Please make check payable to **Washington State University Extension** and send it to:

Food \$ense CHANGE, WSU King County Extension
919 SW Grady Way, Suite 120, Renton, WA 98055

Your donation is greatly appreciated!

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Sponsor Food \$ense CHANGE and Help Support Healthy Food and Local Farms!

In King County, as in the rest of the United States, obesity has become an epidemic. Over the last 20 years, the percentage of US children who are overweight has nearly doubled. Obesity rates are higher among low-income populations, who have greater difficulty accessing healthy diets that are high in fruits and vegetables and whole grain foods.

Food \$ense CHANGE works to counter these trends by teaching students through gardening and cooking-enhanced nutrition education. In outdoor garden classrooms, students make connections between the food they eat and the environment.



Help low income kids experience healthy, local food!



Food \$ense CHANGE Meets Its Goals !

- Taught 2,000 elementary school students 15 hours of garden-enhanced nutrition education
- Created a new Farm-to-School Program called Harvest of the Season and teachers taught 4 lessons in 68 classrooms
- Coordinated a field trip of 140 students to Fall City Farm as a kick-off event for the 2004 Harvest Celebration

Your donation will support the use of local organic produce for experiential learning in the classroom and annual field trips to local farms for low income students and parents.

Both students and teachers love Food \$ense CHANGE!

- “Because of what I learned in Food \$ense I get healthier every day. My dad is a gardener and he agrees with you.” - 4th grade student
- “What I really enjoyed was all of the new foods that we tasted and the new recipes that we learned. The gardening was probably my favorite though. We planted tomatoes and, when they are ready, we will hopefully eat them!” -5th Grade Student
- “The kids talk more about eating healthier. They also have tried many of the recipes at home, and are willing to taste and eat foods they don’t usually eat.” -Teacher, White Center Heights Elementary School

Please see reverse side to become a sponsor!